

Warming and Assessment Phase

Awaken. Discover. Embracing Truth.

W & A General Principles:

- 5-20 minutes
- Combination of postures and transitions that engage our systems while not requiring a large ROM in restrictive joint movements (varies depending on level of class) ... “not looking for intensive stretching or force loading of joints”
- Primary means of movements and asanas are to prepare, awaken, assess, and determine
- Utilize key poses to assess: ROM/joint variability, alignment awareness and motor skills, tension/posture imbalances, muscle “contribution”, issues with pain/discomfort, energy levels, strength/stamina/stabilization capacity, and overall state of the 4 layers of practice as you enter into tension and compression loads.
- Utilize heating pranayam with experienced students (agni sara, kapalabhati and bhastrika variations) to contribute to buildup of internal warmth.
- Ideal to thread poses together in flowing, logical movement pattern ... consider enhancing accessibility for more complex movement patterns

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- Joint contribution testing with **dissociation and segmentation** exercises (versus global integration)
- Motor skill awakening, functional **mobilization** and foundation development including stabilization
- Explore ROM capacity, zones of resistance, and initial stretch tolerance

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- Assess imbalances/dysfunction and habitual movement patterns
 - Wrist and hand alignment, loading and weight distribution
 - Default locking into joints (knees and elbows)
 - Collapsing arches / lack of organized feet and hands
 - Lack of lateral hip engagement or strength
 - Lack of shoulder girdle stabilization
 - Tendency for shoulder impingement patterns
 - Tendency to default into flexed lumbar loading (including in twists)
 - Genu valgum (inwards knee collapse) patterns
 - Improper cervical and head positioning (especially in horizontal twists)
 - Defaulting into outer hamstrings lines (lateral thigh rotation)
 - Over firing of upper gluteus maximus (lateral thigh rotation)?
 - Overall general lack of core awareness (including lack of “dissociation”), spinal alignment and use of stabilization trains

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- Test and play with lever length manipulation
- Pandiculation (body yawning)?
- Disc saturation principles and sequencing considerations based on timing of practice
- Retain breath connection